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CHRISTIAN'S DELIGHT:

—Loves (for us)
O R, R K

The Precious Time of a Christian improved to the Glory of GOD, and his own Eternal Happiness.

Collected from the Works of the late
Arch-Bishop of YORK.

Let the Words of my Mouth and the Meditations of my Heart, be always acceptable in thy Sight, O Lord, my Strength and my Redeemer.

Price One Penny.

A Book may him find, that a Sermon flier;
And turn Delight into a Sacrifice.



To the READER.

A BOOK of a small Price,
(how valuable soever in itself)
is so lightly esteemed by the Generality of Mankind, that it is become difficult to put a good Book, if little, into the Hands, even, of well-meaning People.

Yet, notwithstanding, into whose Hand this shall happen, I humbly recommend unto them the Reading of the following Pages.

T. D.



Printed in the YEAR, 1739.

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Christian's Delight, &c.

THE Christian's Delight is in the Law of the Lord, and in his Law doth he exercise himself Day and Night : He delights in a sober and virtuous Life ; in Hearing and Reading the Holy Scriptures, and other good and religious Books and Discourses ; and endeavour to get a full and comprehensive Knowledge of his Duty in all its Branches : By those Means it becomes easy and familiar both to his Memory and Practice : Therefore,

When the Morning comes, suffer not the World nor any Thing that belongs to it, to take Possession of your Thoughts before you have dedicated your self to Almighty God in Prayer ; for your Directions therein, there are so many excellent Forms already published, (*such as the Daily Preparation for Heaven*) that it would be needless to set one down here at large : But let your Business be what it will, and never so urgent, yet do not any day enter upon it before you have offered up your Prayers to God, in this, or such like Prayer ; and that not hastily, and confusedly, as the Custom is with many when they pray to God,

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but carefully and attentively, and with all the Deliberation that possibly you can.

Morning Prayer.

God, I thank thee, that thou hast not shut me up this Night in perpetual Darkness, but hast of thy Goodness, added one Day more to my Life: O grant that I may so employ both this and all the rest of my Days in thy Service, that in the End, I may be a Partaker of everlasting Life, through the Merits and Mediation of Jesus Christ our Lord; in whose most Holy Name, and in whose Words, I further call upon thee, as He himself hath taught us when we pray, to say, *Our Father which art in Heaven, &c.*

Altho' sometimes, in a Morning Business may so surprize you, as not to give you much Leisure for your Devotion; yet at Night you may surely bestow a little more Time upon the Service of Almighty God: But if your Business keep you up never so late, or how-ever tired with the Labour of the Day, yet never settle your self to sleep without seriously and devoutly saying some such short Prayer as this.

Evening Prayer.

Lord God, make me, I beseech thee, truly penitent for all my Sins past, careful and watchful against them for the Time to come, and unfeignedly thankful for all the

Mercies

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Mercies and Blessings which thou hast vouchsafed unto me. Pardon whatever I have done amiss, for the sake of Christ Jesus who died for me; and give me the Grace and Assistance of thy Blessed Spirit, that I may be enabled to spend the whole Remainder of my Life in a true and faithful Obedience to thy Laws. At this Time, particularly, I beseech thee O Lord, to grant me such Rest and Refreshment this Night, that I may be prepared to spend the next Day, and all the Days of my Life, in thy Fear and Service: All which I beg of thine infinite Mercy, through Jesus Christ our Lord and Saviour. *Our Father which art in Heaven, &c.*

And then as you are putting off your Cloaths to lay your self on your Bed to rest, think with yourself, that within a few Days the Time will certainly come, when your Body shall be wrapt in a winding Sheet, and laid in the Grave: Upon which Occasion say after this Manner:

GOOD God give me thy Grace, I beseech thee, that I may ever be mindful of my Death, and always prepared for it; and when ever my Soul shall depart from my Body, Oh receive it into Bliss and Happiness: And as I hope through thy Mercy, that when this Night is ended, I shall rise from my Bed in Health to do thy Service; so grant, that, at the last

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Day, my Body may be raised from the Grave, and reunited to my Soul, that I may dwell with thee, and praise thee to all Eternity, through Jesus Christ our Lord. *Amen.*

If you happen to awake in the Night, call God into your Thoughts, and lift up your Hearts to him in some Ejaculation, or short Prayer, as this:

LORD, bless and protect me the Remainder of this Night, and for ever. O thou, who never sleepest, watch over me, who am unable without thee, to help my self.

Lie no longer in your Bed than is proper and necessary for your moderate Refreshment; nor waste any of your precious Time in Idleness, but rise as soon as conveniently you can; and put yourself into a Posture for the necessary and useful Business of the Day: And as first you begin to raise your self, say these, or the like Words.

LORD, as I now rise from my Bed in Health of Body, (blessed be thy Name or it) to grant me thy Grace to spend my Time here in such a manner, that at the last Day, may obtain a joyful Resurrection to eternal life, through Jesus Christ our Lord.

As you are dressing your self say,

LORD, as I cover my Body with these Garments, grant that my Soul may be clothed with Righteousness, that Sin may not

expose

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expose me to eternal Shame and Punishment at the last great Day, for Jesus Christ's Sake.

If you are putting on any Thing by Way of Ornament, say thus:

I O R D, if cleansing and adorning my Body would render me acceptable in thy Sight, as such Things commonly do in the Eyes of the World, what Care and Pains would I take that no Spot or any Indecency should appear about me? But alas! What Trifles are these Things to thee? Poor Lazarus was cloathed in Rags, and his Body leath some and deformed with Sores, but his Soul was beautiful and adorned with Piety; and that made him acceptable to thee, when at the same Time, the rich Man with all his Purple and fine Linnen, was utterly rejected. Whatever Sort of Apparel my Body is cloathed with, O let not my Soul want the Wedding Garments of true Holiness, that I be not for ever cast out from thy Presence for Jesus Christ's Sake.

As for the Lord's Day, let it be your constant Care to spend it always as much as possible, in the Worship of God, both public and private; in hearing his Holy Word, and reading good Books, avoiding all Sorts of Pastimes: Although upon other Days as are appointed to be kept holy, we may innocently take a greater Liberty; yet, even upon those Days also, we should not fail to spend some

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what more of our Time in Exercises of Piety and Religion, than what, it may be, our constant Business will at other Times permit us to do.

Always endeavour to be in good Humour, and strive never to be angry; for Anger, more or less, hinders and disturbs the Use of one's Reason; and, while it lasts, makes a man incapable of living up to the Rules of Decency and Prudence. And in order to suppress all extravagant motions of mirth and Anger, upon all Occasions, accustom your self to speak mildly. Bring your self but once & actually and constantly to this Practice, and you will soon find, by Experience, that mirth and Anger are no ungovernable Things; the Consequence of which will be such a sweet and satisfactory a Calm in your mind, as is not easily to be conceived by any one that has not had the Experience of it.

And this puts me in mind of a necessary Piece of Advice, in the Observation of which you ought to be very careful, namely, to govern your Tongue well, that you may, by the Grace and Assistance of God, keep yourself innocent of that Vanity and Scandal, of which this unruly member is so often the Occasion: And therefore wherever you are about to join in Company, and mix in Conversation with others, sail not before hand to make this or the like Prayer,

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O LORD, be thou pleased to set a Watch upon my Mouth, and to keep the Door of my Lips, that nothing may go out thence, but what is decent and sober, and every Way becoming the Mouth of a Christian, and one who expects to be called to an Account for every idle Word at the great and dreadful Day of Judgment.

And accordingly, upon all Occasions let your Discourse be true and sincere, and free from all Lying and Equivocation; mild and edifying, avoiding all unnecessary or bitter Reflections upon others, (whose Faults you ought rather to conceal than expose) and all reviling and opprobrious Names and Expressions, which ought not to be given to the poorest Servant, for whom Christ died, as much as for the greatest Man: And lastly, Let your Discourse be always agreeable to the Rules of Piety; avoiding all prophane, obscene, and smutty Jest: all Manner of Oaths, Curses, and evil Wishes; and all mention of God or Christ, except it be with due Honour and Respect to the Divine Majesty.

When you sit down to your Meat, never forget to crave God's Blessing upon your Food before you eat it; be not ashamed of so good a Practice; however with a great many it be grown out of Fashion, and take a special Care that you be not guilty of any Excess, either in eating or drinking, but keep thy Hand from thy Mouth;

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thais, curb and restrain thy Desires, if thou be a Man given to Appetite, and beg of God to keep you from all Excess, using these or the like Words.

Grace before Meat.

O Lord teach me I pray thee in the midst of Plenty to study and practice Temperance, that while I am refreshing and supporting my frail Body, I may not forget my precious and immortal Soul, through Jesus Christ our Lord.
Amen.

When you have done your Meal, give Thanks after it.

Grace after Meat.

LORD, as thou hast been pleased to give me Food for the sustaining my frail Body, for which I most humbly thank thee, so be pleased to give me thy Grace for the nourishing and confirming my Soul in Piety and Virtue, and grant that both my Body and Soul may always be dedicated to thee, and employed in thy Service, and to thy Glory, thro' Jesus Christ our Lord. *Amen.*

Although the greatest Part of the Afternoon also ought to be spent in some honest Business or Employment, yet such is the Frailty of our Nature, that sometimes it is even necessary that we should a little refresh and divert ourselves with what we commonly call Recreation; under which is meant a cheerful and innocent Conversation with your Neighbours.

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Now when at any Time you are going for while to lay your Business aside, and then recreate your self lift up your Thoughts before hand to God, after this Manner.

Lord, as thou hast been pleased to allow to refresh my frail Nature with a little innocent Cheerfulness: Grant I may always make Use of this Liberty with such Prudence and Caution as not to forfeit that everlasting Joy which hope for in the World to come, for Christ Sake.

Run not hastily upon any Sort of Recreation but first consider whether it be Innocent, and then be sure you spend not too much of your Time at it. He who spends that Time in Recreation, which may be employ'd in for useful Business, most certainly wasts it.

If at any Time you recreate your self playing with others at any Sort of Game, be sure never to play for so much as to be under a great Concern whether you win or lose. When People play for so much as to be eagerly concerned about, I see no Diversion there can be in And on the other Side, if a Man looses much it is apt to betray him to Anger and Fretfulness the Consequences of which are never good and sometimes have proved very wicked.

Whatever Business you have at any time be doing; or whatever Recreation you have be taking; or whatever Company you have be

Thomas Hobbes

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As soon as you have done, immediately
look back, recollect the several Circumstances
what is past; and seriously consider whether
no, you have misbehaved your self in any
particular Instance. And if you have; then
God's Pardon, and resolve anew to be more
careful hereafter upon the like Occasion. And
ways in the Evening before you betake your
self to sleep; before, in like manner, to look
back upon the Transactions of the whole Day;
praising God still the Glory of what you have
done well, and craving his forgiveness for what
you have done amiss; together with his Grace
and Assistance, that you may do better for the
time to come.

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you may buy of the Person that sells this Book,
Daily Preparation for HEAVEN.

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